

Isolation Exercises

 medium.com/@neyexed362/isolation-exercises-2a245fb9fd20

March 4, 2022



[befitwithkris](#)

Mar 4

.

2 min read

.

Exercises that target one particular muscle group or joint ‘in isolation’ are. Despite the fact that no exercise will utilize only one muscle group, isolation exercises are designed to target a single muscle group. While isolation exercises can be very simple, they are best used once you have built a good level of stamina, so they are typically included in more advanced workout routines.

When should isolation exercises be used?

Those with a solid fitness foundation will most benefit from isolation exercises, but people new to the gym may find isolation exercises to be easier than compound exercises. It's preferable to use compound exercises to build good overall strength before performing isolation exercises, but if you perform isolation exercises, make sure that you train the opposing muscle group as well. As an example, when doing a leg extension, train your hamstrings with a leg curl to maintain balance in the body.

Benefits of isolation exercises:

Most isolation exercises are used in bodybuilding or when recovering from an injury or imbalance. In advanced body training, isolation exercises can give you more definition in a specific area. In addition, it can help target areas of the body that are overlooked when performing compound exercises (exercises that train more than one muscle group at the same time).

Best isolation exercises

High bar squats: The squat is a compound movement, but placing the bar higher on your back and narrowing your stance can serve to isolate the quads effectively.

Leg press: As a suitable alternative to squats, the leg press is suitable for beginners as well as advanced trainees. Keeping your stance a bit narrower will help you activate your quads, just like with squats.

Front squat: With the front squat, the bar is placed just above the shoulder, moving the center of gravity forward and making the quads the prime mover for this exercise.

Bulgarian split squat: While the split squat targets multiple muscle groups, it does a great job of hitting the quads. The movement is performed by putting one foot up on a flat bench behind you and squatting down with the forward leg. You can hold a dumbbell in each hand for added difficulty. It can also be performed with a loaded barbell or Smith machine as you become more advanced.

Hack squat: The hack squat is essentially the opposite of the leg press. Instead of pushing against a weighted platform, you're pushing against weighted pads that lie on your shoulders. Just as with the leg press and squat, keeping your stance narrow will help better isolate the quads.

Leg extension: Leg extensions are the gold standard for quad isolation exercises as there is minimal involvement of other muscles. The quads are activated by pushing against a weighted pad which is placed against your lower shin.